



Express yourself! - Inclusive grouping in schools

Learn to do more for inclusive education –
International webinar 4.5.2022
Niko Nummela, Project Manager



Content

- Aim of the Express Yourself! project
- Project team
- Expressing yourself in practice
- Impact



**Aim of the Express
Yourself! project**



Aim of the Express Yourself! project

1. Promote social inclusion in school communities.





Aim of the Express Yourself! project

1. Promote social inclusion in school communities.
2. Improve the overall wellbeing of the students via self-expression.





Aim of the Express Yourself! project

1. Promote social inclusion in school communities.
2. Improve the overall wellbeing of the students via self-expression.
3. Prevent school drop-out and to further improve students' learning results.





Aim of the Express Yourself! project - background

- From 31.1.2019 to 30.1.2021.



Aim of the Express Yourself! project - background

- From 31.1.2019 to 30.1.2021.
- A spin off –project from the participatory sporty theatre project (2016-2019).



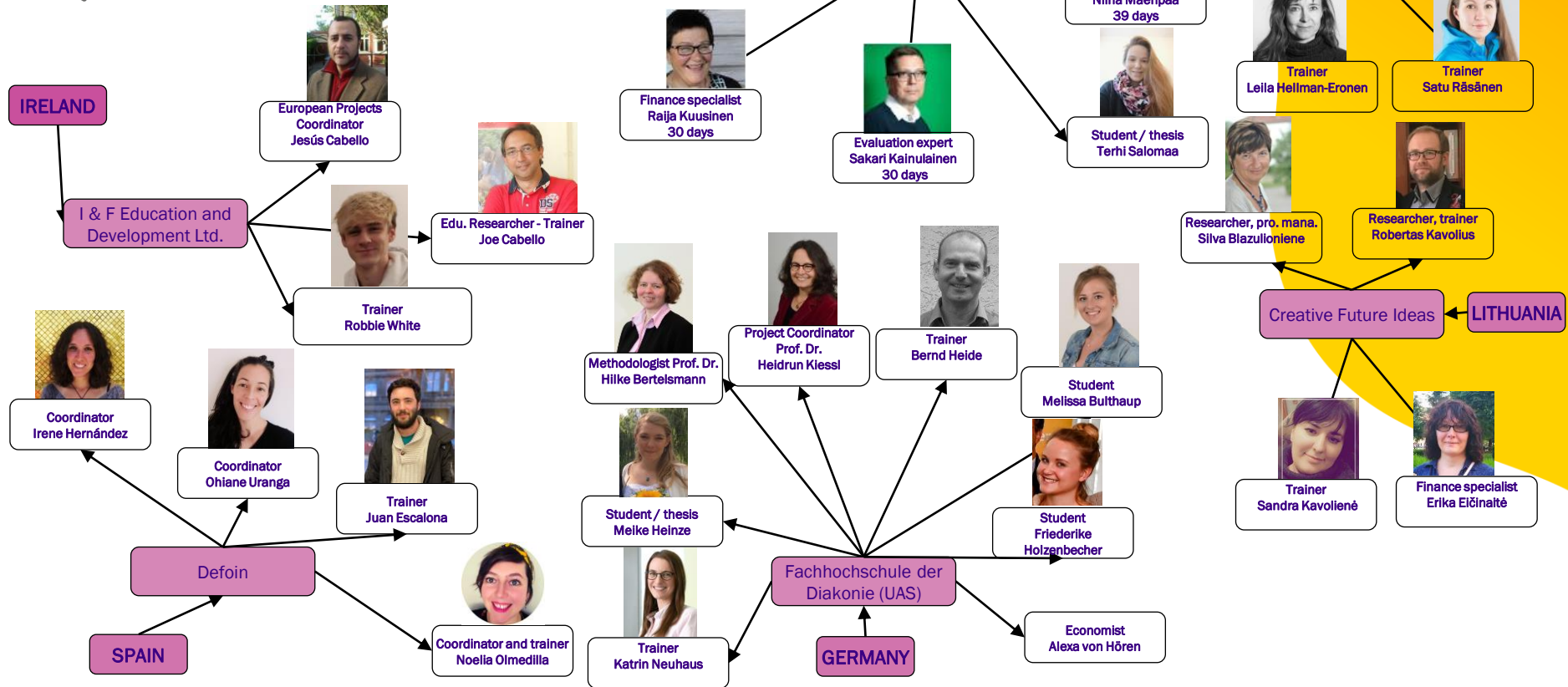


Project team



**EXPRESS
YOURSELF!**

Project team





**EXPRESS
YOURSELF!**

**Expressing yourself in
practice**



Expressing yourself in practice

Training Module for Express Yourself Classes

This training module is a tool for guiding your class towards a more relaxed atmosphere, where learning is easier, bonding between the students becomes more natural and the participants become more aware of their self-expression. This way, learning is not just more fun but also more effective and can greatly support healthy, respectful group dynamics!

There are five sessions, each taking up to 2 hours. You can develop your own games based on this formula or take a look at the examples already made.

Session 1. Grouping

Session 1. Grouping In this session, we start becoming more aware of our ...

Session 2. Trust building

Session 2. Trust building In this session, we will learn how we all ...

Session 3. Roles and interaction

Session 3. Roles and interaction In this session, we will use action-based methods ...

Session 4. Emotional skills

Session 4. Emotional skills In this session, we will do some exercises to ...

Session 5. The Power of self-expression

Session 5. The Power of self-expression In this session, we will share a ...

Games

In this section you can find useful games and exercises for your work. ...



Expressing yourself in practice

- Project reached 834 students and 40 groups in Ireland, Germany, Lithuania and Spain.



“Tell me all about it”, 7 graders



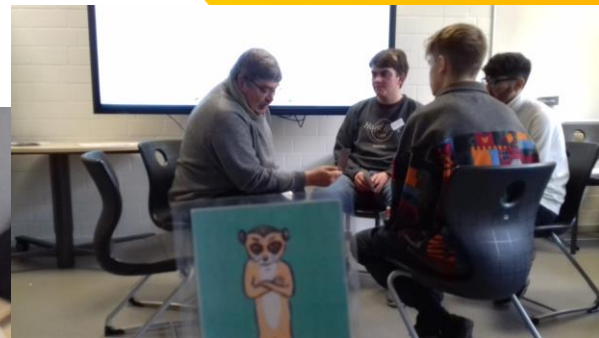


vocational school





vocational school “cycle of emotions”





“We played games with students, teachers just watched”





Great surprises and teacher involvement





Workshops with teachers





Workshops with deaf youth





**EXPRESS
YOURSELF!**

Impact



Impact

- Self-evaluation survey (N=677)
 - Students' life **before** the group activities. **Time 1**.
 - Students' life **after** the group activities. **Time 2**.



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More Trust and Cohesion for Secondary School Classes – Experiences of the Implementation of the Express Yourself! Programme in Four EU Countries

**Aija Kettunen¹, Heidrun Kiessl², Katrin Neuhaus², Sakari Kainulainen¹,
Niko Nummela¹, Terhi Salomaa¹ and Meike Heinze²**

¹*Diaconia University of Applied Sciences, Helsinki, Finland.*

²*Diaconic University of Applied Sciences, Bielefeld, Germany.*



Impact

- The research indicates a **positive impact** on students' **experienced overall well-being**, especially in life-as-a-whole, managing daily activities, friends, and self-esteem.



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Impact

- The research indicates a **positive impact** on students' **experienced overall well-being**, especially in life-as-a-whole, managing daily activities, friends, and self-esteem.
- Promising results were promoted by the **motivation and cooperation between the trainers and teachers**, which was indirectly reflected in the atmosphere in the class.



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Take-home message



Take-home message

- Cherish the group spirit!



Take-home message

- Cherish the group spirit!
- <https://journaljesbs.com/index.php/JESBS/article/view/30290>
- <https://www.youtube.com/watch?v=n6TlBxpkoAQ>



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